

Grand Rapids Christian Schools



Athletic Guide Fall/Winter/Spring 2020-21



**DUE TO THE TIMING THIS PUBLICATION,
SOME PROGRAMS MAY CHANGE DUE TO COVID19**



I can do everything through
him who gives me strength.
Philippians 4:13

Athletics and Recreation

— two of the many gifts from God.

Grand Rapids Christian Schools is very pleased to be able to offer athletic and recreational programs carrying your child all the way from Preschool through 12th grade. This guide informs you of the many opportunities available and help you navigate your child's athletic experience to plan accordingly for your family.

Any child from any school is welcome to participate in the Recreation Sports Program. You do not need to be a student at Grand Rapids Christian Schools to sign up!

Grand Rapids Christian Schools believes very strongly that all athletes regardless of sport or ability level should have fun and improve their skills through quality coaches, instruction and facilities. We see our students as image bearers of Christ, living out the physical gifts with which God has blessed them. The goal of the Athletic and Recreation Department of Grand Rapids Christian Schools is to provide a Christ-centered, excellent athletic experience for all ability levels furthering each student's journey toward developing the full potential of his or her own gifts in God's Kingdom.

Staff:

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FALL

FALL FLAG FOOTBALL

Dates: August 24 – September 26 (no flag on 9/7)

Ages: 4-5 years and 6-7 years

Games: 3 games at Eagle's Stadium – Sept. 12, 19 & 26 at 2pm

Practices: Mondays or Wednesdays after 5:30pm

Location: GRC High School north field

Cost: \$45 (Tshirt included)

Register By: August 7

Volunteer Coaches needed – submit form by July 24

NEW! FLAG FOOTBALL LEAGUE

Dates: August 24- Mid October (no flag on 9/7)

Ages: 3rd & 4th Grade

Games: TBD

Practices: Monday and Wednesday after 5pm

Location: GRC High School north field

Cost: \$50

Register by: August 7

Volunteer Coaches needed – submit form by July 24

FALL YOUTH FOOTBALL

Dates: August 10-Mid October (6 games)

Ages: 3rd-4th grade and 5th-6th grade

Games: Saturdays

Practices: Monday, Wednesdays and Thursdays from 6-7:30pm

Location: Eagle's Stadium and surrounding schools

Cost: \$165 to play and includes a new jersey and a 2-day Summer Camp

Register by: August 7

Volunteer coaches needed – submit form by July 24

7TH & 8TH GRADE FOOTBALL

Dates: August 10-Mid October

Games: TBD

Practices: 3 times a week, after 5pm

Location: Eagle's Stadium and surrounding schools

Cost: \$130, includes the use of helmet, jersey, pants

Register By: August 7

Players provide: mouth guard, pads, cup, socks, and cleats.

FALL PUREPLAY COED SOCCER

This is a joint effort between Ada Christian and Grand Rapids Christian Elementary. The goal of the program is to provide a safe and fun Christian learning environment in which students can develop their skills as soccer players and team members.

Game Dates: Sept. 12, 19, 26; Oct. 3, 10, 17

Game Times: 9:00-11:00 am

Ages: Young 5's - 4thGrade

Practice: Practice one time a week

Location: Ada Christian

Time: Varies after 5pm

Cost: \$50 - Young 5's -K

\$70 - 1st-4th

Online registration only through Ada Christian:

<https://adachristian.wufoo.com/forms/pf3aitd159yr8j/>

FALL COED T-BALL

Due to missing the Spring season, we are going to offer this Spring sport in the Fall too! This is a beginner level program for both boys and girls in preschool through first grade. Games are played on the Grand Rapids Elementary School field on Thursday evenings and Saturday mornings. Each player will receive a team shirt. Players must supply their own glove.

Dates: September 10 – October 3

Ages: 4&5yrs; 6&7yrs

Time: 4&5yrs - Thurs. 5:15-6:15pm & Saturdays 8:30-9:30am

6&7yrs - Thurs. 6:30-7:30pm & Saturdays 9:45-10:45am

Location: GRC Elementary School, Iroquois

Cost: \$40

Register by: August 26

Business Sponsorship

\$150 for your logo added to the back of the t-shirts.

Email company logo to sboender@grcs.org

YOUTH SPORTS PERFORMANCE TRAINING 101

101 is geared towards helping athletes build a sports base for strength, speed, balance, and power. It also includes developing our young athletes' qualities for them to become better student-athletes. Varsity coaches will be invited as guest speakers for last 10 minutes of class.

Dates: Mondays and Wednesdays - Oct. 26 – Nov. 18

Ages: 3rd-8th

Time: 6:00-7:15pm

Location: GRC High School

Cost: \$65

Register by: October 16

Students will be divided by 3rd-5th and 6th-8th grade.

FALL BOYS LACROSSE

Time to pick up where we left off...oh yeah, we didn't have a Spring season! That's ok, Coach Nedd is back and ready to play some lacrosse. Whether you are new or experienced it's time to get out and play.

Dates: Mondays & Wednesdays, Sept. 9 – Oct. 14 (6 weeks)

Ages: 3rd-8th

Time: 3:30-5pm

Location: Elementary School Field, Iroquois Location

Cost: \$60

Register By: August 28

BOYS BASKETBALL CLINIC

GRCHS Varsity Basketball Coach, Eric Taylor would like to refine your son's basketball skills. He is a firm believer that fundamentals are important to learn early so they can be practiced correctly repeatedly.

Dates: Wednesdays & Saturdays, September 23 – October 17

Ages: 5th/6th Grade; 7th/8th Grade

Time: 5th-6th Grade: 5:30-6:30pm (Wed) & 1-2:30pm (Sat)

7th-8th Grade: 6:45-7:45pm (Wed) & 2:45-4:15pm (Sat)

Location: All City Gym at GRC High School

Cost: \$70

Register By: September 18

FALL BOYS TENNIS

This is a beginner class or a Learn to Play class. We will meet immediately after school on the Iroquois Elementary School tennis courts. No traveling, all practices held at GRCES. This class fills fast, sign up now!

Dates: Tuesdays OR Thursdays - September 8-October 15 (6 weeks)

Ages: 3rd-4th grade

Time: 3:30-5:00pm

Location: GRCES Tennis Courts

Cost: \$60 (T-shirt included)

Register By: ASAP – it will fill

FALL LEARN-TO-PLAY COED BOWLING

Bowling is a favorite with children/kids ages 5-18 years old. Our youth bowling coach, Dan VanderPloeg, who is the Varsity Coach will teach your child the basics of bowling, a lifetime sport. Bowling is becoming the fastest growing high school sport in America. Best of all – no one rides the bench! Join in on the fun!

Dates: Mondays, September 14 – October 19

Ages: 5th-8th

Time: 3:30-5:30pm

Location: Clique Bowling Lanes, 533 Stocking Ave NW, GR, 49504

Cost: \$35

FALL LEARN-TO-PLAY AND SKILLS & DRILLS GIRLS LACROSSE

Come bring a friend and learn to play lacrosse. All skill levels welcome. If you are a current player, come work on your game.

Dates: Tuesdays, Sept. 8-Oct. 13 (6 weeks)

Ages: K-8th, girls

Time: 3:30-5pm

Location: GRC Elementary field

Cost: \$45

Coach: Julie Roossien

Register By: August 3

Players must provide: mouth guard, stick and goggles.

PITCHING/HITTING/CATCHING SOFTBALL CLINIC

Are you looking to improve your softball skills? Now is the time. Join the GRC softball staff as they work with our youth preparing them for high school softball.

Dates: Mondays, October 26 – November 16

Ages: 5th-8th girls

Time: 6:30-8pm

Location: All City Gym

Cost: \$40

Register by: **Oct. 21**

WINTER

CALVIN COLLEGE WINTER SEASON SWIMMING

The Winter Age Group Team will be coached by current Calvin Swim Team Members and the goal will be to provide a structured practice that provides a combination of fitness, instruction, and fun. The team will be a member of the WMSL (West Michigan Swim League) and participate in 3-4 dual meets and one Championship meet at the end of the season.

Dates: Late October – February

Practice will be 3 days a week (most of the time)

Time: 8 & unders will practice from 6:15-7:15pm
(times may be altered closer to the date)

9-14 year olds will practice from 7-8:30pm
(times may be altered closer to the date)

Location: Calvin College

Cost: Approximately 50 practice + dual meets and
one championship meet 8 & under - \$150

8th grade and under - \$200

Max: 40 per age group

Mail in Registration to: **Calvin Swimming,
3195 Knight Way, Calvin College, GR, MI 49546**

**Cost and dates may vary slightly, due to timing of publication*

GRCS SKI CLUB

GRCS Ski Club offers punch passes to Cannonsburg Ski Resort for discounted prices for all ages. More information will be available outside the Recreation Office and online, closer to ski season.

PRE-SEASON GIRLS BASKETBALL CLINIC

Crystal Strickland, GRCS Varsity Girls Basketball Coach, will be offering a clinic for middle school girls who are trying out for the MS basketball team. This clinic will end right before their season begins and will refresh their skills and prepare them for their season.

Dates: Saturdays, Nov. 14 – December 12 (no class Nov. 28)

Ages: 5th-8th grader

Time: 5th-6th Grade: 1-2:30pm

7th-8th Grade: 2:45-4:15pm

Location: Quest

Cost: \$55

Register by: Nov. 11

GIRLS LACROSSE OPEN GYM

Everyone needs to practice – all year round. Plan on dropping in to keep up those stick skills for the Spring season.

Dates: Saturdays, Dec. 5, 12, Jan. 9, 16, 23, 30 Feb. 6, 13

Ages: 3rd-8th grades

Time: 2:30-4pm

Location: All City Gym

Register By: Drop in – no charge

WINTER KINDERGARTEN COED BASKETBALL

GRCHS Varsity Coach, Eric Taylor and his staff and players will run a basketball clinic for Kindergarten boys & girls. Baskets will be lowered to 8 feet.

Dates: Saturdays, January 9-February 6

Ages: Kindergarten Boys & Girls

Time: 8:30-9:30am

Location: GRC Elementary School Gym

Cost: \$60 (includes T-shirt)

Register By: Dec. 18

WINTER GRCS AND PUREPLAY BOYS BASKETBALL

GRCHS Varsity Coach, Eric Taylor, and his players will teach youth how to play basketball. Teams will be mixed between GRC and Ada Christian. Volunteer coaches are needed to help facilitate drills and coach teams. The season will consist of clinics, games and end of season tournament (tourney for 4th grade only). This year, we will have earlier practice times available in January.

Dates: Saturdays, Dec. 5-Feb. 6 (no clinic Dec. 19, 26 and Jan. 2)
Starting in January throughout the end of the season, teams will add a practice or a game, one time during the week, after 5pm at either GRC Elementary, Middle School, Ada gym.

Ages: 1st-4th grade

Time: TBD, (between 9:30-3pm)

Location: GRC Elementary, Iroquois location, Ada Christian and GRC Middle School

Cost: \$75 Jersey included

Register By: Nov. 20

LITTLE EAGLES NIGHT OUT

This is a fundraiser for the Varsity Basketball program that has been extremely popular. Whether your child is involved in Youth Basketball or not, you may drop off your child for free babysitting. You could get Christmas shopping done or go out for Valentine's Day. The Varsity Boys Basketball team will entertain your little one with movies, basketball, games and snacks. No registration needed. Sign in and out at the door.

Dates: Saturdays, December 12 and February 6

Who: Boys & Girls ages 5-12

Time: 6-9pm

Location: Quest Center

Cost: FREE (suggested donation \$10 per hour)

WINTER KINDERGARTEN GIRLS BASKETBALL

New this year! GRCHS Varsity Coach, Crystal Strickland and her players will run a basketball clinic for Kindergarten girls. Baskets will be lowered to 8 feet.

Dates: Saturdays, January 9-February 6

Ages: Kindergarten

Time: 8:30-9:30am

Location: GRC High School Quest Center

Cost: \$60 (includes T-shirt)

Register By: Dec. 18

WINTER GRCS AND PUREPLAY GIRLS BASKETBALL

GRCS is very excited to have our Girls Basketball Coach, Crystal Strickland coaching our youth. She and her players can't wait to meet and work with your daughter. Your daughter will learn the fundamentals of basketball and then put what she's learned into games. 3/4th tournament will be held on Feb. 6. Volunteer coaches are needed.

Dates: Saturdays, December 5- February 6
(no practices on Dec. 19-Jan. 2)

Starting in January through the end of the season, teams will add one mid-week practice/game

Ages: 1st-4th grade

Times: 1st-2nd grade: 9:45am-11:00am at the Quest
3rd-4th grade: 11:15-12:30pm at the Quest

Location: GRC Elementary, Middle School, GRCHS Quest & Ada Christian

Cost: \$75 includes a jersey

Register by: Nov. 20

Volunteer Coaches are needed for the 4 games

LITTLE EAGLES NIGHT OUT

This is a fundraiser for the Varsity Girls Basketball. Whether your child is involved in Youth Basketball or not, you may drop off your child for free babysitting. The Girls Basketball team will entertain your little one with movies, basketball, games and snacks. No registration needed. Sign in and out at the door.

Date: Friday, November 13

Who: Boys & Girls ages 5-12

Time: 6-9pm

Location: Quest Center

Cost: FREE (suggested donation \$10 per hour)

BOYS LACROSSE OPEN GYM

Join your fellow Lacrosse players at the All City Gym on Thursday nights for Open Gym. Take advantage of the cold weather before your Spring Season starts and work on your fundamentals. If you are new or just testing Lacrosse out, this is a great opportunity for you to become more comfortable with the sport.

Varsity players will be participating, and it will be supervised by Head Varsity Coach Jeff Boyd

Don't be surprised if there's pizza at the end!

Dates: Thursdays, January 7 – February 25 (no class 2/18)

Times: 7-8:30pm

Ages: 3rd-12th

Location: All City Gym

Register By: Drop in – no charge

WINTER WRESTLING CLUB

GR Christian Wrestling Club for elementary age boys. No previous experience needed.

When: January 4-January 28

Where: GRCHS Wrestling Room

Time: 5:00 to 6:00

Days: Mondays and Thursdays

Who: Boys 1st-4th grade

Cost: \$40 includes T-shirt

Register By: December 18

WINTER BOYS LACROSSE STICK STRINGING CLINIC

New to Lacrosse or played for a few years, but can't figure out why you don't seem to be able to pass, catch and shoot like other players? It may be your pocket. Knowing how to take care of your stick and the pocket is key to playing the game well. Come to learn from the Stringing King – Cole Stenstrom and several former Eagle String Wizards most of who are playing in college now.

Dates: Saturday, January 9 & 16

Ages: Boys 3rd-high school

Time: 11-12:30pm

Location: Garage at GRC High School

Cost: \$25 includes a new East Coast Hero Mesh 2.0, sidewall and shooting strings to create your own shooting pocket.

YOUTH SPORTS PERFORMANCE TRAINING 101

101 is geared towards helping athletes build a sports base for strength, speed, balance, and power. It also includes developing our young athletes' qualities for them to become better student-athletes. Varsity coaches will be invited as guest speakers for last 10 minutes of class.

Dates: Jan. 11 – Feb. 3 (no class Jan. 18)

Days: Mondays and Wednesdays

Cost: \$65

Time: 6-7:15pm

Ages: 3rd-8th

Location: GRC High School

Register by: December 18

Students will be divided by 3rd-5th and 6th-8th grade.

REFRESHER CLINIC & LEARN-TO-PLAY BOYS LACROSSE

Would you like to learn to play lacrosse? Freshen up on your skills? Coach Boyd and his players are ready to work with you.

Dates: Mondays and Wednesdays, Feb. 8-Mar. 3 (no class 2/22)

Ages: 3rd-6th GRC Elementary, Iroquois Location
7th-8th GRC Middle School

Times: 6:30-8pm

Cost: \$50

Register By: February 3

WINTER SKILLS & DRILLS & LEARN-TO-PLAY GIRLS LACROSSE

It's time to think Lacrosse. We are registering for Spring Season now, which starts right after Spring Break. Join us to refresh or learn how to play lax just in time for Spring.

Dates: Saturday, March 13

Ages: 3rd-8th

Times: 8-2pm

Location: All City Gym

Cost: \$65 includes lunch

Register By: Feb. 8

If you are interested in joining a girls lacrosse 5th-8th team during the winter contact Julie Roossien at jroossien@grcs.org

SPRING MIDDLE SCHOOL SOFTBALL CLINIC

Would you like to improve your softball skills and prepare for your season? Would you like to learn from experienced instructors and enjoy competition in a Christian context? Varsity Coach, Danae VanTimmeren is willing to help.

Dates: Saturdays, March 13 and 20

Ages: 5th-8th grade girls

Time: 1-3pm

Location: GRC High School All City Gym

Cost: \$35 includes a T-shirt

Register By: [March 5](#)

SHOOTING COMBO AND SKILLS & DRILLS

Fundamentals are what Coach Taylor believes is so important for our youth. This clinic will have a combination of basketball shooting and technique drills.

Dates: Saturdays, April 17-May 8

Ages: 5th-8th grade

Time: 5th-6th: 1-2:30pm

7th-8th: 2:45-4:15pm

Location: All City Gym or Quest

Cost: \$60

Register By: [March 25](#)

SPRING PUREPLAY COED SOCCER

This is a joint effort between Ada Christian and Grand Rapids Christian Elementary. The goal of the program is to provide a safe and fun Christian learning environment in which students can develop their skills as soccer players and team members

Game Dates: Saturdays, Mid April - May

Game Times: 9-11:00am

Practice: One time per week at Ada Christian

Ages: Young 5's - 4th

Time: Varies after 5pm

Cost: \$50: Young 5's - K

\$70: 1st-4th

Online registration only at [Ada Christian](#)

SPRING COED T-BALL

This is a beginner level program for both boys and girls in preschool through first grade. Games are played on the Grand Rapids Elementary School field on Thursday evenings and Saturday mornings. One rain date, May 13 is built into the program. Each player will receive a team shirt. Players must supply their own glove.

Dates: Thursdays and Saturdays, April 15-May 8

Time: 4&5yrs - Thurs. 5:15-6:15pm & Saturdays 8:30-9:30am
6&7yrs - Thurs. 6:30-7:30pm & Saturdays 9:45-10:45am

Location: GRC Elementary School, Iroquois

Cost: \$40

Register by: **March 26**

Business Sponsorship

\$150 for your logo added to the back of the t-shirts.

Email company logo to sboender@grcs.org

Send check to Stacey Boender at GRCES

SPRING GIRLS LACROSSE

For more information on our Girls Lacrosse, please contact Vicki Young at nandvyoung@aol.com or 516-7579. There will be a parent meeting held the beginning of March. All players need mouth guards (not clear), stick, and face mask cleats recommended. Sticks and masks available to borrow for the season, upon request.

Dates: March – May

Games: Tuesdays and Thursdays

Practices: Mondays and Wednesdays

3/4th Cost: \$75 Uniforms included

5/6th Cost: \$140 Uniforms included

7/8th Cost: \$140 Uniforms included

Register By: **Jan. 29**

SPRING LEARN-TO-PLAY GIRLS TENNIS

Class will meet immediately after school on the Elementary School tennis courts. No traveling, all practices held at GRCES. Girls must bring a racquet. This class fills up fast, sign up now.

Dates: Mondays OR Wednesdays, April 12-May 19 (6 weeks)

Ages: 3rd-4th grade

Time: 3:20-4:50pm

Location: GRCES tennis courts

Max: 12 Girls per session

Cost: \$60 T-shirt included

Register By: **ASAP – class fills up quickly**

SPRING GIRLS BASKETBALL CLINIC

Basketball season is over and you want to keep training to be a future Eagles player? This will be a time to learn and build on fundamental basketball skills as well as play games and improve overall basketball knowledge.

Dates: Tuesdays and Thursdays, May 4-13

Ages: 1st-8th grade

Times: 1st-4th grade: 5-6pm

5th-8th grade: 6-7pm

Location: GRC Elementary School Gym, Iroquois

Cost: \$45

SPRING BOYS LACROSSE LEAGUE

Join the fun of Lacrosse! Varsity Coach, Jeff Boyd is revamping GRCS Lax program from youth-high school. Play as a youth and be ready to play in high school. So come be an Eagle Lax'er!

Practice: March – May, 2 per week on Tuesday and Thursdays

Games: April – May, 2 per week on Mondays and Wednesdays

Ages: 3rd-8th grade (leagues 3/4th, 5/6th, 7/8th)

Equipment: limited loaner equipment available or provide your own

Cost: \$140 to play

Register By: Jan 31

Students from surrounding schools are welcome.

SPRING LEARN-TO-PLAY COED BOWLING

Bowling is a favorite with children/kids ages 5-18years old. Our youth bowling coach, Dan VanderPloeg, who is the Varsity Coach will teach your child the basics of bowling, a lifetime sport. Bowling is becoming the fastest growing high school sport in America. Best of all – no one rides the bench! Join in on the fun!

Dates: Mondays, April 12-May 17

Ages: 5th-8th grade

Time: 3:30-5:30pm

Location: Clique Bowling Lanes, 533 Stocking Ave NW, GR, 49504

Cost: \$35

If you have any questions or concerns regarding any GRCS Recreation Sports Program, please contact Stacey Boender at 616-574-6024 or email: sboender@grcs.org.

All students throughout the greater Grand Rapids community are encouraged to participate.

REGISTRATION FORM **Feel free to make copies of this form**

Students from surrounding schools are welcome to participate in all GRC Recreation programs.

PARTICIPANT INFORMATION

Name: _____
Birthdate: _____ Age: _____
Address: _____
City _____ Zip: _____
Parent's Names: _____
Email: _____
Cell Phone: _____ Grade: _____ School: _____
Emergency Contact: _____ Cell Phone: _____
T-Shirt Size (circle one): YS YM YL AS AM AL AXL

PAYMENT INFORMATION

Credit Card #: _____ Exp. Date: _____
Name on Card: _____
Security Code: _____ Amount Paid: _____
Program (s) Signing up for: _____

VOLUNTEER COACHES/ASSISTANTS FORM

Full Name: _____ Cell Phone: _____
Email: _____
Background Check Information: DOB: _____
Race: _____ Sex: _____
Previous Experience: _____
I would like to: Coach _____ Assist _____
Coach/Assistant's (name) _____
Volunteering for: _____
T-Shirt Size (Circle one): AS AM AL AXL

Send Registration Form to:

GRCS at 2400 Plymouth St. SE Grand Rapids MI 49506
Attn: Stacey Boender / For questions email: sboender@grcs.org